

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01218, Yogurt, fruit variety, nonfat, fortified with vitamin D

Report Date: December 09, 2015 18:13 EST

Nutrient values and weights are for edible portion.

| Nutrient                    | Unit | Value<br>Per 100 g | Data<br>Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source                | NDB Ref | Last Modified |
|-----------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|---------------|
| <b>Proximates</b>           |      |                    |                |            |     |     |    |    |    |           |                       |         |               |
| Water                       | g    | 75.40              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Energy                      | kcal | 95                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Energy                      | kJ   | 399                | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Protein                     | g    | 4.40               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Total lipid (fat)           | g    | 0.20               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Ash                         | g    | 1.00               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Carbohydrate, by difference | g    | 19.00              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Fiber, total dietary        | g    | 0.0                | --             | --         | --  | --  | -- | -- | -- | --        | Assumed zero          | --      | 12/2006       |
| Sugars, total               | g    | 19.00              | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 05/2009       |
| <b>Minerals</b>             |      |                    |                |            |     |     |    |    |    |           |                       |         |               |
| Calcium, Ca                 | mg   | 152                | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Iron, Fe                    | mg   | 0.07               | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Magnesium, Mg               | mg   | 15                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Phosphorus, P               | mg   | 119                | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Potassium, K                | mg   | 194                | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Sodium, Na                  | mg   | 58                 | --             | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |

| Nutrient                       | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source                                | NDB Ref | Last Modified |
|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Zinc, Zn                       | mg   | 0.74           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Copper, Cu                     | mg   | 0.011          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Manganese, Mn                  | mg   | 0.035          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 01/2003       |
| Selenium, Se                   | µg   | 6.0            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/1997       |
| <b>Vitamins</b>                |      |                |             |            |     |     |    |    |    |           |                                       |         |               |
| Vitamin C, total ascorbic acid | mg   | 0.7            | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Thiamin                        | mg   | 0.040          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Riboflavin                     | mg   | 0.180          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Niacin                         | mg   | 0.100          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Vitamin B-6                    | mg   | 0.040          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Folate, total                  | µg   | 9              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Folic acid                     | µg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 01/2003       |
| Folate, food                   | µg   | 9              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Folate, DFE                    | µg   | 9              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 05/2009       |
| Choline, total                 | mg   | 16.4           | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 12/2006       |
| Betaine                        | mg   | 0.7            | --          | --         | --  | --  | -- | -- | -- | --        | Analytical or derived from analytical | --      | 12/2006       |
| Vitamin B-12                   | µg   | 0.47           | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed                 | --      | 12/2006       |
| Vitamin B-12, added            | µg   | 0.00           | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero                          | --      | 09/2004       |

| Nutrient                     | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df   | LB     | UB    | # Studies | Source                                | NDB Ref | Last Modified |
|------------------------------|------|----------------|-------------|------------|-----|-----|------|--------|-------|-----------|---------------------------------------|---------|---------------|
| Vitamin A, RAE               | µg   | 2              | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 12/2006       |
| Retinol                      | µg   | 2              | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 01/2003       |
| Carotene, beta               | µg   | 4              | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 01/2003       |
| Carotene, alpha              | µg   | 0              | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 01/2003       |
| Cryptoxanthin, beta          | µg   | 0              | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 01/2003       |
| Vitamin A, IU                | IU   | 12             | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 12/2006       |
| Lycopene                     | µg   | 0              | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 01/2003       |
| Lutein + zeaxanthin          | µg   | 8              | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 01/2003       |
| Vitamin E (alpha-tocopherol) | mg   | 0.06           | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 01/2003       |
| Vitamin E, added             | mg   | 0.00           | --          | --         | --  | --  | --   | --     | --    | --        | Assumed zero                          | --      | 09/2004       |
| Vitamin D (D2 + D3)          | µg   | 1.3            | --          | --         | --  | --  | --   | --     | --    | --        | Analytical or derived from analytical | --      | 05/2009       |
| Vitamin D3 (cholecalciferol) | µg   | 1.3            | --          | 0.016      | 0.9 | 2   | 26.0 | 1.282  | 1.345 | 2         | Analytical or derived from analytical | --      | 05/2009       |
| Vitamin D                    | IU   | 52             | --          | 0.622      | 35  | 80  | 26.0 | 51.219 | 53.78 | 2         | Analytical or derived from analytical | --      | 05/2009       |
| Vitamin K (phylloquinone)    | µg   | 1.1            | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 01/2003       |
| <b>Lipids</b>                |      |                |             |            |     |     |      |        |       |           |                                       |         |               |
| Fatty acids, total saturated | g    | 0.119          | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 12/2006       |
| 4:0                          | g    | 0.009          | --          | --         | --  | --  | --   | --     | --    | --        | Calculated or imputed                 | --      | 12/2006       |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|---------------|
| 6:0                                | g    | 0.001          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 8:0                                | g    | 0.002          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 10:0                               | g    | 0.004          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 12:0                               | g    | 0.003          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 14:0                               | g    | 0.017          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 16:0                               | g    | 0.055          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 18:0                               | g    | 0.019          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Fatty acids, total monounsaturated | g    | 0.050          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 16:1 undifferentiated              | g    | 0.007          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 18:1 undifferentiated              | g    | 0.041          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 20:1                               | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 22:1 undifferentiated              | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Fatty acids, total polyunsaturated | g    | 0.016          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 18:2 undifferentiated              | g    | 0.010          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 18:3 undifferentiated              | g    | 0.006          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 18:4                               | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 20:4 undifferentiated              | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 20:5 n-3 (EPA)                     | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| 22:5 n-3 (DPA)                     | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |

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| 22:6 n-3 (DHA)     | g    | 0.000          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| Cholesterol        | mg   | 2              | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 12/2006       |
| <b>Amino Acids</b> |      |                |             |            |     |     |    |    |    |           |                       |         |               |
| Tryptophan         | g    | 0.028          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Threonine          | g    | 0.202          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Isoleucine         | g    | 0.269          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Leucine            | g    | 0.496          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Lysine             | g    | 0.439          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Methionine         | g    | 0.145          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Cystine            | g    | 0.045          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Phenylalanine      | g    | 0.270          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Tyrosine           | g    | 0.247          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Valine             | g    | 0.407          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Arginine           | g    | 0.151          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Histidine          | g    | 0.122          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Alanine            | g    | 0.212          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Aspartic acid      | g    | 0.394          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Glutamic acid      | g    | 0.966          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Glycine            | g    | 0.121          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| Proline            | g    | 0.581          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |

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|----------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|---------------|
| Serine         | g    | 0.305          | --          | --         | --  | --  | -- | -- | -- | --        | Calculated or imputed | --      | 01/2003       |
| <b>Other</b>   |      |                |             |            |     |     |    |    |    |           |                       |         |               |
| Alcohol, ethyl | g    | 0.0            | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero          | --      | 12/2006       |
| Caffeine       | mg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero          | --      | 01/2003       |
| Theobromine    | mg   | 0              | --          | --         | --  | --  | -- | -- | -- | --        | Assumed zero          | --      | 01/2003       |